

## Summary of Recommendations Included in EPSDT Informing Letters and Periodic Notices

One of the State's responsibilities under the federal EPSDT (Early and Periodic Screening, Diagnosis and Treatment) Program is to actively perform outreach to families of children on Medicaid. Specifically, the State must notify families of the benefits of Medicaid/EPSDT when children enroll in Medicaid or Dr. Dynasaur and at least annually. To improve the effectiveness of these required outreach and informing notices, EPSDT program staff have redesigned the letters to be more personalized, visually appealing and consistent with language that is respectful of families. It is our hope that these new notices will stimulate family interest in preventive health issues that will be addressed at each well-child visit and further enhance the partnership between families and providers.

The following is a list of the specific recommendations included in each of the letters:

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### Informing - Welcome to Dr. D / Medicaid Letter

#### Recommendations for regular checkups:

Under Age 1	Ages 1–2	Ages 2–21
1 <sup>st</sup> week*	1 year	Every year (except ages 7 & 9)
1 month	15 months	
2 months	18 months	
4 months		
6 months		
9 months		

*\*Note:* A first visit is recommended in the first week after your baby leaves the hospital or as determined by your child's provider. If you left the hospital without a visit scheduled, it is important to contact your child's provider.

#### Recommendations for dental checkups

A first visit to the dentist is recommended between ages 2 and 3, or earlier if there are special concerns. Routine dental visits are recommended every six months after that.

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### Newborn Welcome Letter

#### Recommended visits to your child's health care provider for the first year are:

1 <sup>st</sup> week*	2 months	6 months
By 1 month	4 months	9 months

*\*Note:* A first visit is recommended in the first week after your baby leaves the hospital or as determined by your child's provider. If you left the hospital without a visit scheduled, it is important to contact your child's provider.

#### Suggested health topics and concerns you may wish to discuss with your provider:

- Your baby's growth and development
- Sleeping and activity patterns
- Breast or bottle feeding concerns
- Your feelings about your baby

- Safety issues such as car seats and putting your baby on their back to sleep to reduce risk of Sudden Infant Death Syndrome (SIDS).

**Recommendations for dental checkups:**

A first visit to the dentist is recommended between ages 2 and 3, or earlier if there are special concerns. Routine dental visits are recommended every six months after that.

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## One Year Old Letter

**Your child's next recommended health care checkups:**

- at age 1 year and
- at age 18 months
- In addition, a 15 month visit is routine for some children, especially if an immunization is required. Your child's primary care provider and you can decide if this visit is needed.

**Suggested health topics and concerns you may wish to discuss with your child's provider:**

- Activity level and safety
  - Child care arrangements
  - Behavior and discipline issues
  - Sleeping and eating pattern
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## Two Year Old Letter

**Your child's next recommended health care checkup is:**

- At 2 years old

**Suggested health topics and concerns you may wish to discuss with your child's provider:**

- Eating and sleeping patterns
- Your child's use and understanding of words
- Dental health
- Toilet training
- Temper tantrums, discipline, and setting limits

**Recommendations for dental checkups:**

The first visit should be sometime between ages 2 and 3 or earlier if there are special concerns. Routine dental visits are recommended every six months after that.

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## Three Year Old Letter

**Your child's next recommended health care check up is:**

- At 3 years old

**Suggested health topics and concerns you may wish to discuss with your child's provider:**

- Toilet training
- Childcare or preschool

- New words and phrases your child has learned
- Your child's ability to feed and dress himself

**Recommendations for dental checkups:**

Dental exams are recommended every six months and brushing teeth every day is important for preventing tooth decay.

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## Four Year Old Letter

**Your child's next recommended health care checkup is:**

- At 4 years old

**Suggested health topics and concerns you may wish to discuss with your child's provider:**

- Playing with other children and making friends
- Increased independence
- Ways to help your child solve problems and deal with anger

**Recommendations for dental checkups:**

Dental exams are recommended every six months and brushing teeth every day is important for preventing tooth decay.

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## Five Year Old Letter

**Your child's next recommended health care check up is:**

- At 5 years old

**Suggested health topics and concerns you may wish to discuss with your child's provider:**

- Getting ready for starting school
- Safety issues
- Arrangements for before school and after school care if necessary

**Recommendations for dental checkups:**

Dental exams are recommended every six months and brushing teeth every day is important for preventing tooth decay.

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## Six Year Old Letter

**Your child's next recommended health care check ups:**

- At 6 years old, and again at 8 years old
- Vermont Department of Health recommendations do not include a routine visit at age 7 or 9, but if you have any concerns about your child's health be sure to schedule an appointment.

**Suggested health topics and concerns you may wish to discuss with your child's provider:**

- Concerns about adjustment at school
- Eating or sleeping habits
- Physical activities

**Recommendations for dental checkups:**

Routine visits to the dentist are recommended every six months. As permanent molars first come in (usually between the ages of 6 and 8), the dentist will evaluate for the application of dental sealants (a coating that can help prevent tooth decay).

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## Seven Year Old Letter

**Your child's next recommended health care checkup is:**

- At 8 years old
- Vermont Department of Health recommendations do not include a routine visit at age 7, but if you have concerns about your child's health at any point in time schedule an appointment.

**Suggested health topics and concerns you may wish to discuss with your child's provider:**

- Concerns about adjustment at school
- Physical activities
- Eating or sleeping habits

**Recommendations for dental checkups:**

Routine visits to the dentist are recommended every six months for children in this age group. As permanent molars first come in (usually between the ages of 6 and 8), the dentist will evaluate for the application of dental sealants (a coating that can help prevent tooth decay).

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## Eight Year Old Letter

**Your child's next recommended health care checkups:**

- 8 years old, and again at 10 years old
- Vermont Department of Health recommendations do not include a routine visit at age 7 or 9, but if you have any concerns about your child's health schedule an appointment.

**Suggested health topics and concerns you may wish to discuss with your child's provider:**

- How your child deals with problems
- Concerns about behavior or schoolwork
- Sleeping or eating issues

**Recommendations for dental checkups:**

Routine visits to the dentist are recommended every six months. As permanent molars first come in (usually between the ages of 6 and 8), the dentist will evaluate for the application of dental sealants (a coating that can help prevent tooth decay).

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## Nine Year Old Letter

**Your child's next recommended health care checkups:**

- 8 years old, and again at 10 years old
- Vermont Department of Health recommendations do not include a routine visit at age 9, but if you have any concerns about your child's health schedule an appointment.

**Suggested health topics and concerns you may wish to discuss with your child's provider:**

- How your child deals with problems
- Sleeping or eating issues
- Concerns about behavior or schoolwork

**Recommendations for dental checkups:**

Routine visits to the dentist are recommended every six months for this age group. As permanent molars first come in (usually between the ages of 6 and 8), the dentist will evaluate for the application of dental sealants (a coating that can help prevent tooth decay).

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## **Ten Year Old Letter**

**Your child's next recommended health care checkup is:**

- At 10 years old

**Suggested health topics and concerns you may wish to discuss with your child's provider:**

- Rules at home about food, movies, language
- Accomplishments your child is proud of at home, at school, or in other activities

**Recommendations for dental checkups:**

Routine visits to the dentist are recommended every six months.

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## **Eleven Year Old Letter**

**Your child's next recommended health care checkup is:**

- At 11 years old

**Suggested health topics and concerns you may wish to discuss with your child's provider:**

- How to help your child handle peer pressure
- Ways to encourage your child's interests and talents
- Concerns about your child's reading or math skills

**Recommendations for dental checkups:**

Routine visits to the dentist are recommended every six months.

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## **Twelve Year Old Letter**

**Your child's next recommended health care check up is:**

- At 12 years old

**Suggested health topics and concerns you may wish to discuss with your child's provider:**

- Ways to answer your child's questions about sexuality
- How to handle discipline issues

**Recommendations for dental checkups:**

Routine visits to the dentist are recommended every six months. As permanent molars erupt (between ages 11 and 14), the dentist will evaluate your child for the application of dental sealants (a coating to help prevent tooth decay).

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## Thirteen Year Old Letter

**Your child's next recommended health care check up is:**

- At 13 years old

**Suggested health topics and concerns you may wish to discuss with your child's provider:**

- Growth and development
- How to encourage healthy behaviors and choices
- Progress in school and discipline issues

**Recommendations for dental checkups:**

Routine visits to the dentist are recommended every six months. As permanent molars erupt (between 11 and 14), the dentist will evaluate your child for the application of dental sealants (a coating to help prevent tooth decay).

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## Fourteen Year Old Letter

**Your child's next recommended health care checkup is:**

- At 14 years old

**Suggested health topics and concerns you may wish to discuss with your child's provider:**

- How your child gets along with friends and family
- How to deal with discipline issues
- Helping your child deal with peer pressure
- Sports, social activities, and hobbies

**Recommendations for dental checkups:**

Routine visits to the dentist are recommended every six months. As permanent molars erupt (between 11 and 14), the dentist will evaluate your child for the application of dental sealants (a coating to help prevent tooth decay).

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## Fifteen Year Old Letter

**Your child's next recommended health care checkup is:**

- At 15 years old

**Suggested health topics and concerns you may wish to discuss with your child's provider:**

- Nutrition, body image, and self-esteem issues
- Concerns about smoking, alcohol, and other drugs
- How to answer questions about sexuality

**Recommendations for dental checkups:** Routine visits to the dentist are recommended every six months.

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## Sixteen Year Old Letter

**Your child's next recommended health care checkup is:**

- At 16 years old

**Suggested health topics and concerns you may wish to discuss with your child's provider:**

- Helping your teen deal with anger, sadness, and stress
- Issues of safety and limit setting
- Help with questions about sexuality issues

**Recommendations for dental checkups:** Routine visits to the dentist are recommended every six months.

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## Seventeen Year Old Letter

***Note:** Although mailed to the head of household, the letter for this age is written to the patient rather than to the parent/guardian (about the patient)*

**Your next recommended health care checkup is:**

- At 17 years old

**Suggested health topics and concerns you may wish to discuss with your provider:**

- Weight, nutrition, and exercise issues
- Your plans for the future
- Changes in your family, relationships, or living situation
- Questions about sexuality issues
- Concerns about smoking, drugs, and alcohol

**Recommendations for dental checkups:** Routine visits to the dentist are recommended every six months.

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## Eighteen Year Old Letter

***Note:** Although mailed to the head of household, the letter for this age is written to the patient rather than to the parent/guardian (about the patient)*

**Your next recommended checkup is:**

- At 18 years old

**Suggested health topics and concerns you may wish to discuss with your provider:**

- Weight, nutrition, and exercise issues
- Your plans for the future
- Changes in your family, relationships, or living situation
- Questions about sexuality issues
- Concerns about smoking, drugs, and alcohol

**Recommendations for dental checkups:** Routine visits to the dentist are recommended every six months.

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## Nineteen Year Old Letter

***Note:** Although mailed to the head of household, the letter for this age is written to the patient rather than to the parent/guardian (about the patient)*

**Your next recommended checkups are:**

- At 19 years old

**Suggested health topics and concerns you may wish to discuss with your provider:**

- Weight, nutrition, and exercise issues
- Your plans for the future
- Changes in your family, relationships, or living situation
- Questions about sexuality issues
- Concerns about smoking, drugs, and alcohol

**Recommendations for dental checkups:** Routine visits to the dentist are recommended every six months.

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## Twenty Year Old Letter

***Note:** Although mailed to the head of household, the letter for this age is written to the patient rather than to the parent/guardian (about the patient)*

**Your next recommended checkups are:**

- At 20 years old

**Suggested health topics and concerns you may wish to discuss with your provider:**

- Weight, nutrition, and exercise issues
- Your plans for the future
- Changes in your family, relationships, or living situation
- Questions about sexuality issues
- Concerns about smoking, drugs, and alcohol

**Recommendations for dental checkups:** Routine visits to the dentist are recommended every six months.